

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 4 April 2024**

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**THROWS PENTATHLON using 2023 WMA AGE FACTORS - MEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
M30	Graham Hicks	Vic	3,471	14.12.08	44.89	13.94	50.57	52.09	13.07
					619	725	882	620	625
M35	Darron Haworth	Qld	3,664	2.11.08	51.58	14.13	52.81	37.22	16.20
					730	776	929	425	804
M40	Stuart Gyngell	NSW	3,839	16.4.06	43.48	17.63	47.30	41.30	14.55
					632	1075	833	534	765
M45	Stuart Gyngell	NSW	4,007	12.4.09	43.75	17.22	45.47	36.98	14.53
					687	1126	857	512	825
M50	Todd Davey	WA	4,121	1.12.18	53.23	16.00	49.82	36.71	17.65
					839	1005	875	517	885
M55	Graeme Rose	Vic	4,005	4.7.99	47.05	12.72	37.84	46.19	16.98
					784	838	688	768	917
M60	Graeme Rose	Vic	3,993	16.4.06	48.38	13.14	39.36	43.12	19.03
					815	857	624	722	975
M65	Graeme Rose	Vic	4,059	12.4.09	43.98	12.12	38.97	40.46	17.05
					814	860	690	759	936
M70	Johannes Peters	WA	3,984	2.3.24	45.29	11.72	39.30	34.84	17.42
					836	806	791	651	900
M75	Tom Hancock	Vic	3,888	15.7.11	36.89	11.12	33.97	33.04	14.38
					756	851	764	716	801
M80	Tom Hancock	Vic	3,972	5.11.16	38.51	11.44	32.27	30.31	15.67
					788	844	844	674	822
M85	Tom Hancock	Vic	3,418	1.10.22	30.57	8.94	23.25	19.10	13.55
					725	728	687	468	810
M90	John Fraser Old Specification	Vic	3,114	13.3.05	24.63	6.90	19.74	12.96	10.12
					705	630	708	370	701

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
M30	Shane Carstairs	Vic	3,190	28.4.19	38.74	15.65	44.48	43.20	12.57
					518	830	756	489	597
M35	Stuart Gyngell	NSW	3,615	2002	44.15	17.34	45.06	43.67	14.96
					607	984	768	523	733
M40 & M45 – as above in Australian records Stuart Gyngell M40 3,839 & M45 4,007									
M50	Stuart Gyngell	NSW	3,948	2015	45.99	16.36	48.42	38.71	16.40
					707	1030	845	553	813
M55	Graeme Rose	Vic	3,929	2001	43.32	12.29	38.90	49.48	15.99
					715	788	706	835	855
M60 & M65 – as above in Australian records Graeme Rose M60 3,993 & M65 4,059									
M70	Colin Murray-Lee	Qld	3,675	1999	43.22	11.11	35.12	36.41	14.83
					791	758	690	688	748
M75	Tom Hancock	Vic	3,741	8.4.12	35.10	10.31	35.04	29.17	15.02
					713	779	793	614	842
M80	Tom Hancock	Vic	3,682	11.6.17	35.75	11.12	29.20	28.99	14.57
					723	817	748	638	756
M85	Felix Jakabsons	Qld	3,209	23.3.08	27.36	9.10	25.28	19.44	10.35
					636	744	760	479	590

**THROWS PENTATHLON using 2023 WMA AGE FACTORS - WOMEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
W30	Byrony Glass	WA	3,242	12.4.09	#####	#####	#####	#####	#####
					618	#####	#####	#####	#####
W35	Chris Schultz	Vic	3,400	7.12.87	#####	#####	#####	#####	#####
					756	#####	#####	#####	#####
W40	Jayne Hardy	ACT	3,484	20.4.03	#####	#####	#####	#####	#####
					661	#####	#####	#####	#####
W45	Chris Schultz	Vic	3,778	26.7.97	#####	#####	#####	#####	#####
					851	#####	#####	#####	#####
W50	Chris Schultz	Vic	3,824	13.7.01	#####	#####	#####	#####	#####
					896	#####	#####	#####	#####
W55	Mary Thomas	NSW	3,772	17.1.00	#####	#####	#####	#####	#####
					648	856	697	922	649
W60	Dora Jenkins	Vic	3,827	7.10.15	43.51	8.85	28.72	21.85	15.57
					992	659	764	560	852
W65	Dora Jenkins	Vic	4,050	21.3.21	42.46	8.64	23.16	19.78	15.91
					1099	721	675	571	984
W70	Mary Thomas	NSW	3,862	16.8.15	28.82	8.57	22.60	22.69	10.69
					814	811	755	771	711
W75	Helen Searle	Qld	3,605	14.2.15	31.68	10.40	20.67	17.35	10.65
					775	921	669	580	660
W80	Jeanette Williamson	ACT	3,552	12.3.23	27.08	7.29	19.15	16.30	9.85
					770	707	725	638	712
W85	Ruth Fröh Old specifications	NSW	2,621	7.3.98	15.48	5.57	13.25	9.82	6.51
					486	613	568	424	530
W90	Ruth Fröh Old specifications	Qld	2,931	24.4.00	13.13	5.22	11.81	9.33	6.00
					508	698	622	498	605
W95	Ruth Fröh New Specifications, before 1/1/10, WR not accepted by WMA	Qld	3,391	Oct-06	13.71(2kg)	4.99(2kg)	9.49(750g)	7.01	5.58(4kg)
					717	846	630	464	734
W100	Ruth Fröh New Specifications, before 1/1/10, WR not accepted by WMA	Qld	3,916	23.8.09	10.16(2kg)	4.27(2kg)	9.04(750g)	6.43	4.42(4kg)
					734	954	840	588	800

W100	Ruth Frith	Qld	3,837	2.4.11	10.14	3.96	9.30	5.63	4.68
	New Specifications - after 1/1/10				732		874	508	854

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS – WOMEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
W30 – as above in Australian records	Byrony Glass	3,242							
W35	Byrony Glass	WA	3,101	8.4.12	52.64	11.44	33.55	20.00	16.68
					820	652	530	298	801
W40 – as above in Australian records	Jane Hardy	3,484							
W45	Chris Schultz	Vic	3,800	1996	36.32	13.16	42.16	32.12	12.40
					664	919	844	670	682
W50	Marja-Leena Parviainen	NSW	3,581	13.4.98	51.73	9.11	34.85	22.40	16.29
					950	550	754	445	882
W55	Gabriele Watts	NSW	3,683	4.4.22	40.17	11.61	31.03	22.61	13.90
					814	817	723	506	824
W60	Ann Jefferies	SA	3,778	1.4.24	35.20	10.94	27.79	28.20	12.58
					778	848	735	751	666
W65	Jill Taylor	NSW	3,071	4.4.22	30.04	7.48	21.51	14.06	12.25
					754	607	596	375	731
W70	Mary Thomas	NSW	3,791	5.4.15	28.78	8.28	21.87	22.12	10.86
					812	779	727	749	724
W75	Mary Thomas	NSW	3,140	4.4.22	29.76	7.84	21.16	14.84	9.67
					721	660	688	482	589
W80	- as above in Australian records	Jeanette Williamson	3,552						
W85	Ruth Frith	NSW	2,775	13.4.98	14.48	5.52	12.84	10.62	6.43
	Old specifications				448	606	547	465	709
W90 & W95 – as above in Australian records	Ruth Frith	W90 2,931 old specifications & W95 3,391 new specifications							
W100	Ruth Frith	Qld	3,717	4.4.10	10.02	4.37	8.14	5.90	4.13
	New Specifications				722	981	743	531	740

**HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS – MEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
M30	Warren Buton	WA	3,835	9.1.21	22.09 20lb	20.65 25lb	14.60 35lb	11.19 20kg	8.71 56lb
					801	848	712	752	722
M35	Darron Haworth	Qld	4,254	6.10.08	23.16 20lb	19.49 25lb	15.69 35lb	12.96 20kg	10.78 56lb
					845	795	775	897	942
M40	Ricard Meiring	NSW	4,569	2.10.17	23.24 20lb	20.15 25lb	16.14 35lb	12.28 20kg	10.49 56lb
					934	888	862	899	986
M45	Ricard Meiring	ACT	4,714	15.1.20	23.57 20lb	20.84 25lb	15.63 35lb	11.63 20kg	9.33 56lb
					984	994	897	912	927
M50	Grant Edwards	ACT	4,432	7.10.13	21.88 16lb	20.88 20lb	17.74 25lb	14.58 35lb	11.30 20kg
					791	921	890	889	941
M55	Grant Edwards	ACT	4,465	15.4.18	21.75 16lb	19.85 20lb	16.31 25lb	13.46 35lb	10.44 20kg
					850	931	876	876	932
M60	Phil Sprivey	Vic	4,988	15.1.23	23.73 12lb	22.76 16lb	19.98 20lb	18.24 25lb	13.83 35lb
					875	979	1030	1095	1009
M65	Lajos Joni	Qld	4,257	12.9.21	19.30 12lb	18.74 16lb	16.90 20lb	14.23 25lb	10.54 35lb
					754	865	927	912	799
M70	Osi Igel	WA	4,240	9.1.21	21.12 4kg	19.67 12lb	17.32 16lb	14.21 20lb	12.22 25lb
					784	847	894	853	862
M75	Ken Priestley	Vic	3,808	7.10.13	20.00 4kg	15.97 12lb	13.17 16lb	11.78 20lb	9.87 25lb
					816	740	723	760	769
M80	Ron Simcock	NSW	4,100	5.10.15	22.96 3kg	17.98 4kg	15.64 12lb	12.70 16lb	10.48 20lb
					913	817	820	784	766
M85	Tom Hancock	Vic	3,193	2.10.23	14.18 3kg	14.49 4kg	11.01 12lb	9.89 16lb	6.86 20lb
					614	735	636	676	532
M90	Gordon Woolston	Qld	1,398	2.10.23	5.82 3kg	6.02 4kg	5.11 12lb	4.42 16lb	3.25 20lb
					256	308	301	298	235

**INDOOR HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS – MEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
M30	Shane Carstairs	Vic	2,406	1.5.22	16.62	13.17	10.40	7.15	5.84
					579	504	474	426	423
M35	Cameron Linton-Mann	NSW	2,008	21.8.22	11.11	10.81	8.91	7.39	5.77
					359	397	391	445	416
M40	Anatoly Kirievsky	NSW	2,419	20.8.23	14.46	11.60	8.55	7.57	6.37
					531	468	403	495	522
M45	Jamie Muscat	NSW	3,827	20.8.23	17.90	15.35	13.02	10.68	8.70
					722	703	726	825	851
M50	Jason Crethar	NSW	1,974	20.8.23	12.11	10.92	9.27	6.87	5.72
					398	431	410	348	387
M55	Matt Stenning	NSW	2,754	20.8.23	15.74	13.67	11.40	8.05	6.56
					588	606	576	468	516
M60	Robert Clark	NSW	3,629	21.8.22	17.71	18.15	16.41	13.35	9.75
					628	756	822	762	661
M65	Gavin Murray	NSW	3,914	20.8.23	20.16	17.47	15.09	12.79	9.49
					793	799	814	805	703
M70	Bruce O'Connor	Qld	2,748	20.8.23	15.44	13.64	11.47	9.65	8.60
					548	555	551	535	559
M75	Ray Green	ACT	2,629	20.8.23	14.32	11.01	9.59	8.75	7.73
					557	479	495	530	568
M80	Noel Donahoe	NSW	1,603	21.8.22	10.1	8.91	7.55	5.47	5.03
					351	355	339	267	291

**HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - WOMEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
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W30	Karyne Di Marco	NSW	3,865	5.10.09	24.25 12lb 835	20.30 16lb 780	17.12 20lb 793	13.94 25lb 780	10.00 35lb 677
W35	Bryony Glass	WA	3,808	25.6.16	21.04 12lb 740	18.32 16lb 722	16.71 20lb 802	13.94 25lb 812	10.29 35lb 732
W40	Bryony Glass	WA	3,587	17.9.17	18.28 12lb 689	15.75 16lb 663	14.47 20lb 743	12.36 25lb 772	9.40 35lb 720
W45	Althea Mackie	Qld	3,426	1.10.18	16.08 12lb 652	13.94 16lb 640	12.79 20lb 707	11.44 25lb 775	8.01 35lb 652
W50	Gabi Watts	NSW	3,988	1.10.18	18.83 4kg 717	17.10 12lb 755	14.94 16lb 799	13.09 20lb 857	10.94 25lb 860
W55	Gabi Watts	NSW	3,974	30.4.22	16.67 4kg 692	16.15 12lb 774	13.49 16lb 788	12.00 20lb 860	10.00 25lb 860
W60	Dorn Jenkins	Vic	4,300	24.9.17	21.38 3kg 866	18.51 4kg 850	15.44 12lb 844	12.96 16lb 862	10.68 20lb 878
W65	Dorn Jenkins	Vic	4,738	21.2.21	20.25 3kg 915	18.42 4kg 951	15.19 12lb 933	13.09 16lb 983	10.35 20lb 956
W70	Jan Banens	ACT	3,989	1.11.11	16.53 3kg 829	13.93 4kg 789	12.36 12lb 840	10.06 16lb 827	7.16 20lb 704
W75	Jan Banens	ACT	3,603	13.8.17	15.19 2kg 715	13.42 3kg 729	11.45 4kg 719	9.19 12lb 704	7.71 16lb 736
W80	Jeanette Williamson	ACT	3,655	15.1.23	14.09 2kg 771	11.72 3kg 722	9.97 4kg 722	8.03 12lb 711	6.64 16lb 729

#### INDOOR HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - WOMEN

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
W30	Selima Lee	Vic	1,686	30.7.23	13.73	11.36	9.13	6.27	4.14
W35	Helena Smith	NSW	2,034	20.8.23	13.63	11.37	8.73	8.08	6.27
W40	Megan Champion	Vic	2,622	20.8.22	15.06	12.64	11.00	8.98	6.97
W45	Niki Johansen	Vic	2,682	1.5.22	13.47	11.81	10.58	8.38	6.73
W50	Althea Mackie	Qld	3,583	21.8.22	17.89	16.40	13.47	11.42	9.72
W55	Gabi Watts	NSW	4,057	20.8.23	17.82	16.05	13.69	12.28	9.98
W60	Pauline Cox	NSW	2,925	21.8.22	14.52	13.58	11.7	8.85	7.97
W65	Jill Taylor	NSW	3,576	21.8.22	15.92	14.05	12.00	9.94	8.48
W75	Rhonda Dundas	Vic	2,188	1.5.22	11.13	7.80	7.70	6.36	4.88
W80	Jane Kinsey	Vic	1,924	1.5.22	7.99	6.43	6.52	4.33	4.21

#### PENTATHLON w/Discus & 200m - using 2023 WMA AGE FACTORS - MEN

Age	Name	State	Points	Date	Long Jump	Javelin	200m	Discus	1500m
M30	Warren Evans	Qld	3,275	12.4.03	6.61	49.65	23.29	47.03	5:29.50
M35	Terry Baldwin	Vic	3,541	1.3.98	723	583	758	809	402
M40	Paul Jeffery	WA	3,625	15.3.14	6.26	51.93	24.2	36.86	4:42.5
M45	Lloyd Mitchelson	NSW	3,793	May-85	781	712	768	615	749
M50	Mark Jeffery	WA	3,549	14.3.21	5.25	51.03	27.21	43.74	5:19.45
M55	Gary Parkinson	Qld	3,679	1.4.24	686	779	677	748	659
M60	Rudi Hochreiter	Vic	3,682	3.12.87	4.91	40.54	27.14	39.36	5:21.58
M65	Rudi Hochreiter	Vic	3,570	28.3.92	4.70	35.78	28.42	40.16	6:15
M70	Mike Johnson	Vic	3,480	15.10.91	4.75	28	28.1	24.76	6:06.4
M75	Don Fraser	ACT	2,934	27.2.14	4.26	26.97	33.02	26.36	8:07.47
M80	Don Fraser	ACT	2,920	28.2.19	3.82	26.03	34.04	25.07	9:02.55
M85	Rad Leovic	ACT	2,113	21.2.13	2.66	15.51	42.18	14.81	8:24.93
M90	Maurice Dauphinet	QLD	2,074	19.4.16	2.44	15.51	50.75	18.91	12:13.17

#### PENTATHLON w/Discus & 200m - AMA CHAMPIONSHIP RECORDS - MEN

Age	Name	State	Points	Date	Long Jump	Javelin	200m	Discus	1500m
M30	Gogi Rai	Vic	3,043	4.4.22	6.28	43.49	23.18	33.00	4:51.43
M35	Paul Jeffery	WA	3,213	9.4.12	6.10	50.93	24.21	35.51	4:53.15
M40	Geoff Gibbons	Tas	3,260	12.6.17	5.51	48.89	24.63	32.53	4:46.21
M45	John Gordon	NSW	3,476	1993	5.56	44.52	24.80	28.68	4:36.52

M50	Ken Daniels	ACT	3,110	27.3.89	5.18	37.96	25.60	26.64	5:13.7
					668	539	809	403	691
M55 - as above in Australian records Gary Parkinson 3,679pts									
M60	Quentin Anthony	ACT	3,451	20.4.92	5.02	38.78	26.84	36.04	5:58.2
					804	634	852	559	602
M65	Mike Johnston	Vic	3,281	1.4.91	4.82	28.06	28.70	29.06	5:54.4
					842	480	779	480	700
M70	Mike Johnston	Vic	3,230	1993	4.46	24.44	29.46	25.24	6:03.78
					823	414	797	457	739
M75	Fred O'Connor	NSW	2,613	2001	3.63	26.68	32.90	26.31	8:32.08
					617	549	633	558	256
M80	Fred O'Connor	NSW	2,641	12.4.04	3.58	26.30	36.37	25.27	9:22.0
					720	565	518	627	211
M85	Maurice Dauphinat	Qld	2,094	24.4.11	2.88	18.63	42.89	20.35	10:46.52
					576	453	336	583	146

M90 – as above in Australian records Maurice Dauphinat 2,074

#### PENTATHLON w/Shot Put & 100m, using 2023 WMA AGE FACTORS – WOMEN

Age	Name	State	Points	Date	100m	Shot Put	Long Jump	Javelin	800m
W30	Jitka Hiscox	NSW	3,238	19.4.16	12.94	11.35	5.60	28.75	2:32.83
					780	618	729	453	658
W35	Leontie Hoffman	Qld	2,792	9.4.12	12.95	9.49	4.98	29.08	2:54.95
					778	518	598	472	426
W40	Lee-Anne Grosvenor	Qld	3,189	6.4.15	13.45	9.08	4.64	29.63	2:28.13
					735	538	573	542	801
W45	Lisa Crouch	Qld	3,476	14.3.09	13.62	10.16	4.63	28.81	2:37.55
					794	678	654	591	759
W50	Lee-Anne Nelson	Qld	3,707	13.3.23	13.71	10.02	4.30	29.58	2:26.72
					868	618	628	618	975
W55	Karen Carah	Vic	3,899	31.3.24	14.04	10.84	4.52	27.69	2:49.18
					903	753	807	648	788
W60	Carol Davis	Qld	3,168	17.1.16	14.73	6.42	3.67	18.38	2:55.53
					886	443	576	456	807
W65	Carol Davis	Qld	3,898	10.2.19	15.09	7.01	3.93	24.13	2:55.26
					929	560	786	718	905
W70	Carol Davis	Qld	3,488	3.4.22	16.56	6.24	3.65	16.77	3:14.53
					808	554	774	544	808
W75	Miriam Cudmore	SA	3,168	19.4.16	17.37	7.35	3.22	20.42	4:21.86
					801	610	686	700	371
W80	Miriam Cudmore	SA	3,213	14.3.18	18.40	6.60	2.96	19.71	4:44.94
					747	628	691	792	355
W85	Jo Klemke	ACT	1,681	24.11.22	23.79	4.47	2.04	10.05	6:37.63
					367	467	362	436	49

#### PENTATHLON w/Shot Put & 100m - AMA CHAMPIONSHIP RECORDS – WOMEN

Age	Name	State	Points	Date	100m	Shot Put	Long Jump	Javelin	800m
W30	- as above in Australian records Jitka Hiscox 3,238								
W35	- as above in Australian records Leontie Hoffman 2,792								
W40	- as above in Australian records Lee-Anne Grosvenor 3,189								
W45	Melissa Foster	WA	3,343	31.3.24	13.44	9.62	5.49	26.75	3:13.11
					824	635	953	542	389
W50	- as above in Australian r								
W55	- as above in Australian records Karen Carah 3,899								
W60	Margaret Taylor	ACT	3,146	13.4.09	14.81	7.18	4.24	16.38	3:20.34
					875	510	804	397	540
W65	Carol Davis	Qld	3,407	19.4.16	14.65	5.80	3.47	15.38	2:50.54
	New Specification – 500g javelin				995	442	589	424	957
W70	- as above in Australian r								
W75	- as above in Australian records Miriam Cudmore 3,168								
W80	Anne Lang	SA	2,425	13.3.23	21.15	6.32	2.02	13.09	4:05.93
					472	596	248	493	616
W85	Jo Klemke	ACT	755	31.3.24	34.18	4.56	1.38	9.15	7:53.81
					0	282	84	389	0

#### DECATHLON using 2023 WMA AGE FACTORS

Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m
					Hurdles	Discus	Pole Vault	Javelin	1500m
M30	Matt McEwan	Qld	7,705	15.2.03	11.23	7.20	15.08	1.97	49.78
					810	862	795	776	825
					16.2.03	15.22	42.91	4.80	56.64
					823	724	849	687	572
M30	Stephen Cain	Vic	7,785	Jul-14	11.33	6.73	13.87	1.99	51.07
					789	750	720	794	766
					Jul-14	14.85	44.87	4.90	62.68
					868	764	880	778	676
M35	Geoffrey Gibbons	Tas	6,634	14.1.12	11.70	6.31	10.92	1.73	51.01
					711	709	571	585	809
					15.1.17	16.31	34.13	4.06	50.41
					706	546	648	627	722
M40	Geoffrey Gibbons	Tas	6,942	7.1.17	11.79	6.29	10.20	1.71	52.85
					774	790	566	636	802
					8.1.17	15.71	28.83	3.90	48.41
					837	452	665	652	768
M45	Paul Jeffery	WA	7719 WR	23.11.19	11.55	6.05	11.41	1.70	53.97
					905	818	700	705	828

				24.11.19	16.75	38.49	3.80	55.87	4:58.91
					791	701	705	854	711
M50	Justin Hamrahan	Vic	6,899	13.2.21	12.67	5.89	12.28	1.68	57.75
					763	871	739	767	749
				14.2.21	16.21	38.17	3.10	32.57	5:27.10
					770	633	546	443	618
M55	Dave Varley	Qld	6,400	23.9.17	12.79	4.79	8.28	1.42	60.14
					823	641	502	585	733
				24.9.17	17.24	28.69	3.00	43.97	5:47.02
					742	488	579	723	584
M60	Rudi Hochreiter	Vic	6,549	27.7.89	13.18	4.82	11.53	1.41	63.21
					836	739	736	653	697
				28.7.89	19.62	41.46	2.30	42.12	5:48.33
					472	665	398	702	651
M65	Don Fraser	ACT	6,334	19.2.05	13.56	4.80	9.07	1.35	67.67
					852	835	611	661	621
				20.2.05	19.62	33.68	2.20	37.14	6:36.60
					565	577	421	684	507
M70	Geoff Shaw	Vic	6,671	12.1.19	14.87	4.49	8.12	1.40	68.72
					713	833	521	822	663
				13.1.19	15.76	25.45	3.10	27.08	6:21.45
					629	462	904	473	655
M75	Fred O'Connor	NSW	6,054	29.7.99	14.91	3.99	9.15	1.21	78.34
					793	753	677	661	473
				30.7.99	15.86	29.65	1.90	25.88	7:58.9
					728	647	436	528	358
M80	Don Fraser	ACT	5,046	13.4.19	16.39	3.82	9.28	1.14	1:40:70
					651	823	660	661	134
				14.4.19	21.72	26.14	1.40	26.61	8:51.85
					318	654	282	573	290
M85	Vic Younger	Qld	3,895	1999	19.13	3.17	6.55	1.10	2:47:21
					420	709	501	696	0
				1999	27.34	17.82	1.70	17.22	DNF
					141	494	525	409	0
M90	Vic Younger	Vic	2,687	22.2.03	31.69	2.25	5.86	0.92	DNF
					0	461	518	544	0
				23.2.03	49.76	13.72	1.15	13.30	DNF
					0	450	331	383	0

#### DECATHLON - AMA CHAMPIONSHIP RECORDS

Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m
					Hurdles	Discus	Pole Vault	Javelin	1500m
M30	Warren Evans	Qld	6,371	22.2.03	11.64	6.39	12.20	1.73	53.70
					723	673	619	569	652
				23.2.03	16.15	44.02	4.65	53.38	6:08.95
					716	747	804	639	229
M35	Geoff Gibbons	Tas	6,435	28.2.15	11.62	6.19	11.04	1.71	51.73
					736	691	564	569	779
				1.3.15	16.21	30.72	4.20	42.65	4:41.20
					716	479	685	508	708
M40	as above in Australian records Geoffrey Gibbons 6,942								
M45	Justin Hamrahan	Vic	7,014	28.2.15	11.76	6.17	11.30	1.77	54.34
					845	862	676	767	805
				1.3.15	17.99	33.83	3.30	43.73	5:10.42
					652	594	535	632	646
M50	as above in Australian records Justin Hamrahan 6,899								
M55	Nelson Viney	Qld	4,969	22.2.03	13.40	4.79	7.43	1.25	66.80
					681	646	429	411	490
				23.2.03	21.85	22.58	3.25	29.55	5:54.07
					321	355	651	437	548
M60	Dave Varley	Qld	6,014	30.4.22	13.55	4.33	7.78	1.35	61.93
					736	591	447	577	734
				1.5.22	17.30	33.43	2.80	36.70	5:59.51
					674	504	565	591	595
M65	as above in Australian records Don Fraser 6,334								
M70	as above in Australian records Geoff Shaw 6,671								
M75	Don Chambers	Vic	4,055	4.1.14	16.10	3.67	8.54	1.10	92.31
					591	630	610	536	162
				5.1.14	18.44	16.73	1.85	19.15	dnf
					455	300	416	355	0
M80	Rad Leovic	ACT	2,946	28.2.09	19.40	2.88	7.26	0.98	1:43.54
					284	441	480	464	87
				1.3.09	25.46	12.70	NH	17.66	7:49.17
					104	243	0	335	508
M85	Allan Wood	Vic	2,453	14.1.23	20.19	2.38	6.42	0.93	2:12.95
					334	365	479	488	0
				15.1.23	35.99	15.08	NH	17.33	DNF
					0	375	0	412	0

M90 - as above in Australian records Vic Younger 2,687

#### HEPTATHLON using 2022 WMA AGE FACTORS

Age	Name	State	Points	Date	Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	800m
W30	Jitka Hiscock	NSW	4,626	1.4.16	15.46	1.52	11.44	26.81	5.30	32.09	2:30.34
					782	644	624	728	643	516	689

